

The delicious new food with a natural taste for dressing up... : Quorn myco-protein / The Quorn Kitchen.

Contributors

Marlow Foods. The Quorn Kitchen.

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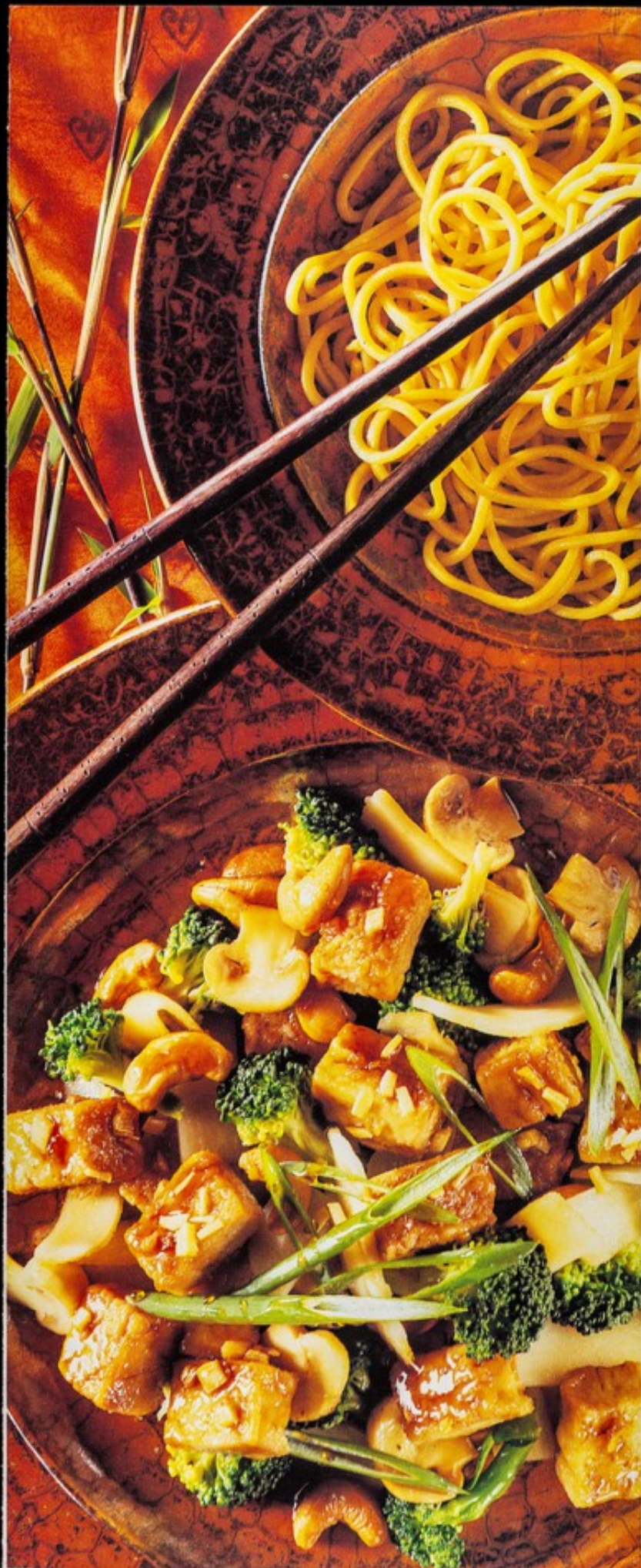
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The
delicious
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Quorn[®]
myco-protein

QUORN® – THE DELICIOUS NEW FOOD FOR HEALTHIER EATING

Quorn® is a delicious and wholesome new food, which makes a versatile alternative to meat in many of your favourite dishes. It is used in an increasing range of dishes available from supermarkets and restaurants and now you can buy Quorn to cook your own favourite dishes at home.



Quorn is vegetable in origin; a distant relative of the mushroom. It has a succulent texture and light savoury taste which combines well with any of the herbs, spices or sauces you may use. Stir fries, casseroles, quiches and many others are all delicious ways of cooking with Quorn. It is quick and easy to

use, with no wastage during preparation and no shrinkage during cooking.

For the health conscious, Quorn is low in fat, a good source of protein and dietary fibre and contains no cholesterol. Ounce for ounce Quorn contains as much protein as an egg and as much dietary fibre as fresh green vegetables.

...The simple recipe for healthier eating

So why not try cooking with Quorn yourself – it's easy. To make it even simpler we've included a 35p money off coupon for your next purchase. You'll find Quorn the Ingredient in the chiller cabinets in most major supermarkets in the London area. To get you started, you'll find a few recipes in this leaflet and even more in the free recipe booklet in every pack of Quorn.

If you would like to know more about Quorn please contact:
The Quorn Kitchen.
FREEPOST, Ashford, Kent
TN23 2WY.

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35p OFF

Save 35p when you buy Quorn®

To the Consumer:

This coupon can only be used in part payment against Quorn the Ingredient when purchased in any store where stocked and presented with the product at the checkout. Only one coupon per purchase. Coupon valid until 30.9.92.

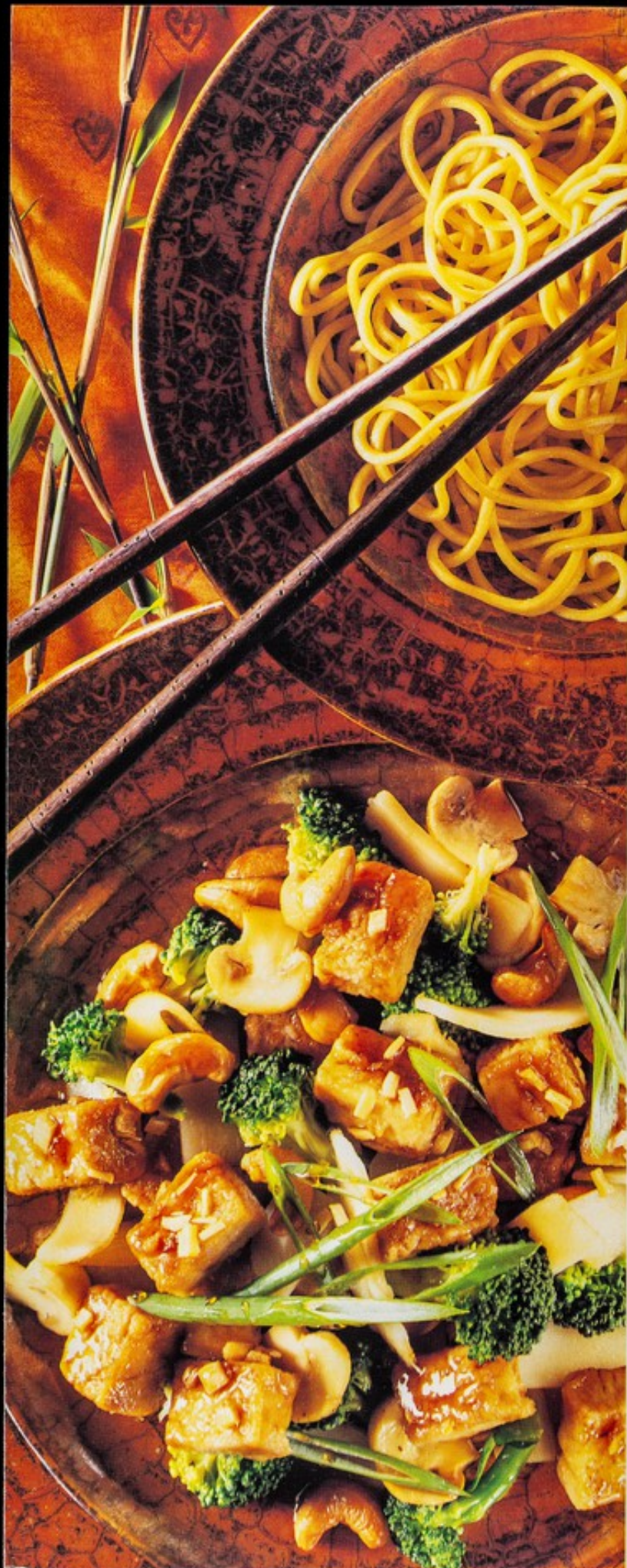
To the Retailer:

Marlow Foods will redeem the coupon for 35p plus normal handling allowances if you have accepted it from your customer in part payment against the product stated on this coupon. Coupon redemption to Marlow Foods, Dept 681, NCH, Corby, Northants, NN17 1NN before 31.12.92.



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QUORN AND GINGER STIR FRY

(Serves 4)

INGREDIENTS

- 2 tablespoons Groundnut Oil
- 1 tablespoon Root Ginger, coarsely chopped
- 2 Cloves Garlic, crushed
- 250g (9oz) Quorn
- 200g (7oz) Broccoli Spears, broken into florets
- 100g (4oz) Mushrooms, sliced
- 1 Small (227g) Tin of Bamboo Shoots, drained
- 100g (4oz) Roasted Cashew Nuts

Blend the following in a small jug:

- 2 tablespoons Light Soy Sauce
- 2 tablespoons Lemon Juice
- 6 tablespoons Dry Sherry
- 1 tablespoon Brown Sugar
- 2 heaped teaspoons Cornflour

PREPARATION TIME

10 minutes

COOKING TIME

10 minutes

METHOD

1

Heat the oil in a wok or large pan.

2

Add the ginger, garlic and Quorn and fry until the Quorn is beginning to brown.

3

Stir in the broccoli and mushrooms and fry for 2-3 minutes, stirring continuously.

4

Add the bamboo shoots and pour in the sherry mixture. Continue cooking and stirring for 3-4 minutes.

5

Stir in the cashew nuts.

6

Serve with noodles or rice.

** Not suitable for freezing

NUTRITIONAL INFORMATION

(per serving)

Energy 332 kcal (1386 kJ) Protein 15.8g
Fat 19.3g Carbohydrate 20.6g Dietary Fibre 5.7g



SPICY AVOCADO QUORN

(Serves 4)

INGREDIENTS

- 1 Large Avocado Pear, diced
- 1 tablespoon Lemon Juice
- 2 tablespoons Olive Oil
- 1-2 Cloves Garlic, crushed
- 1 Small Onion, finely chopped
- 2 Sticks Celery, finely chopped
- 1 Green Pepper, finely diced
- 1 teaspoon Chilli Powder
- 250g (9oz) Quorn
- 400g (15 fl oz) Tin of Tomatoes, drained
- 125ml (4.5 fl oz) White Wine
- 1 heaped teaspoon Sugar
- ½ teaspoon Oregano
- Salt & Ground Black Pepper
- 150ml (¼ pint) Low Fat Natural Yoghurt

PREPARATION TIME

15 minutes

COOKING TIME

20 minutes

METHOD

- 1** Sprinkle the lemon juice over the avocado to prevent discolouration.
- 2** Heat the oil in a large saucepan. Add the garlic, onion, celery and pepper and cook gently for 3-4 minutes.
- 3** Add the chilli powder and Quorn and cook for a further 2-3 minutes.
- 4** Add the next 5 ingredients, simmer for 5-10 minutes, stirring occasionally.
- 5** Remove the sauce from the heat. Stir in the avocado and yoghurt, then heat through gently and serve immediately with tagliatelle and salad.

** Not suitable for freezing

NUTRITIONAL INFORMATION

(per serving)

Energy 203 kcal (847 kJ) Protein 11.2g
Fat 10.7g Carbohydrate 11.2g Dietary Fibre 4.9g



QUORN, COCONUT & PINEAPPLE CURRY

(Serves 4)

INGREDIENTS

1 tablespoon Vegetable Oil
1 Medium Onion, chopped
2 Cloves Garlic, crushed
3-4 Teaspoons Curry Powder
½ Teaspoon Ground Ginger
250g (9oz) Quorn
400ml (15 fl oz) Tinned Coconut Milk
1 tablespoon Tomato Puree
1 dessertspoon Malt Vinegar
1 teaspoon Sugar
1 Small (227g) Tin of Sliced Pineapple,
cut into small cubes, plus juice
30g (1oz) Flaked Almonds

PREPARATION TIME

5 minutes

COOKING TIME

15 minutes

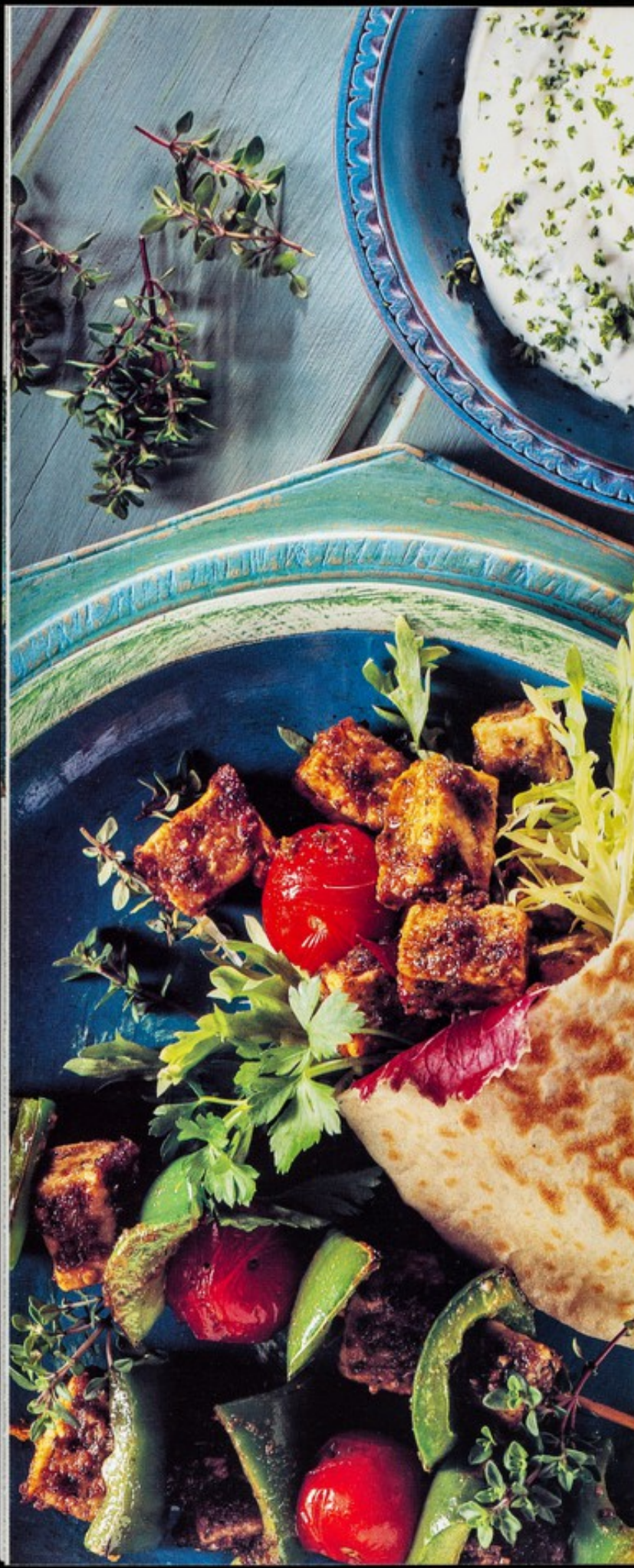
METHOD

- 1**
Heat the oil in a pan and fry the onion and garlic to a pale golden colour.
- 2**
Add the curry powder and ginger and fry for 30 seconds.
- 3**
Stir in the Quorn and saute for 2-3 minutes.
- 4**
Remove the pan from the heat and add the coconut milk, tomato puree, vinegar, sugar, pineapple and pineapple juice.
- 5**
Mix gently and simmer for 5-6 minutes.
- 6**
Stir in the almonds and serve immediately.
- 7**
Serve with basmati rice or naan bread.

** Suitable for freezing

NUTRITIONAL INFORMATION

(per serving)
Energy 204 kcal (853 kJ) Protein 9.8g
Fat 9.4g Carbohydrate 21.7g Dietary Fibre 4.9g



MEDITERRANEAN QUORN KEBABS

(Serves 4)

INGREDIENTS

250g (9oz) Quorn
2 tablespoons Pesto Sauce
2 tablespoons Tomato Puree
1 Clove Garlic, crushed
1 teaspoon Sugar
1 Medium Green Pepper, diced
10-12 Cherry Tomatoes (optional)

GARLIC SAUCE

250g (9oz) Greek or Natural Yoghurt
1 teaspoon Lemon Juice
1 Clove Garlic, crushed
½ teaspoon Parsley or Dill Weed

PREPARATION TIME

10 minutes
(excluding marinating time)

COOKING TIME

5 minutes

METHOD

1

Place the Quorn in a small bowl and add the Pesto Sauce, tomato puree, garlic and sugar. Mix thoroughly to coat each piece of Quorn. Leave to marinate for 30 minutes to one hour.

2

Thread the Quorn onto kebab sticks alternately with the green pepper and a cherry tomato at the centre of each stick.

3

Grill for 4-5 minutes turning occasionally.

4

Blend the yoghurt, lemon juice, garlic and parsley in a bowl and serve with the hot kebabs or serve kebabs without skewers in pitta bread with lettuce, tomatoes and cucumber and top with dip.

**Not suitable for freezing

NUTRITIONAL INFORMATION

(per serving)

Energy 173 kcal (721 kJ) Protein 12.8g
Fat 10.7g Carbohydrate 6.1g Dietary Fibre 3.4g